



## Course Syllabus:

# Sport Science BA (A), Science and Practice in Team Sports, 7,5 credits

## General data

Code	IV058G
Subject/Main field	Sports Science
Cycle	First cycle
Progression	A
Credits	7.50
Progressive specialisation	First cycle, has only upper-secondary level entry requirements
Answerable department	Health Sciences
Established	2017-03-01
Date of change	
Version valid from	2017-08-15

## Aim

The goal of this course is to provide learning experiences that will lead to the development of basic skills and knowledge in the selected team sports of football, basketball, volleyball, handball, ice hockey and floorball. In addition, the course will focus on using the selected team sports to increase participation and physical activity levels, as well as developing coaching and motivational strategies in the sports.

## Course objectives

1. Develop an understanding of the importance and implementation of regular, lifelong physical activity for a healthy lifestyle and emotional well-being.
2. Develop good principles in movement and technique to optimise learning and progress.
3. Develop basic physical and coaching skills in the selected team sports.
4. Demonstrate team play concepts and strategies in mini-game play.
5. Demonstrate knowledge of the history, organisation, rules and safety associated with the selected team sports.

## Content

### Moment 1 (4 hp)

- Practical skill acquisition in the selected sports: football, basketball, volleyball, handball, ice hockey, floorball
- Practical knowledge of technical performance in the selected sports
- Playing, coaching and officiating mini-games
- Practical development of different physical performance components

### Moment 2 (3,5 hp)

- Understanding the use of team sports for physical activity and health
- Theoretical knowledge in the selected sports
- Needs analysis in the selected sports
- History and organization of the game, rules and safety
- Strategies for play and tactical performance

## Description

The philosophy of the course is to promote the fundamental concepts associated with healthy living through the lifespan. The course teaches the knowledge, skills, organisation and rules of the selected sports activities to help each student develop a lasting interest in lifetime participation and to attain and maintain a degree of physical fitness. The course is designed to provide students with entry-level knowledge of selected team sports and the potential to inspire others to participate. After the course students will be able to demonstrate understanding of basic skills, coaching, rules and team principles in the selected team sports.

## Selection rules and procedures

The selection process is in accordance with the Higher Education Ordinance and the local order of admission.

## Teaching form

The course will be delivered in English and will consist of lectures, practical workshops, seminars, presentations, field-based visits, group work and independent study.

## **Examination form**

### Moment 1

Practical examination of basic skills and leadership in the selected team sports, as well as basic fitness testing.

### Moment 2

Written report, oral presentation and written test.

### Grading criteria:

To attain a grade G (pass) requires that the learning goals of the course are met.

To attain a grade U (pass) means that the learning goals of the course are not met.

## **Grading system**

Fail (U) or Pass (G)

## **Course reading**

### **Required literature**

**Author:** Jean-Francis Gréhaigne, Jean-François Richard, Linda L. Griffin

**Title:** Teaching and Learning Team Sports and Games

**Edition:** 2005

**Publisher:** Psychology Press